

# ✧ Learn the Healing Art of Reiki ✧

## Usui Reiki Levels I & II Class for Youth

Reiki is a form of Japanese relaxation using Universal Life Force Energy (Ki or Chi) to create balance and healing for one's self or others.

Participants of the Usui Reiki Levels I & II for Youth Class will experience personal healing and growth so necessary in navigating the stresses and turmoil pervasive in today's societal climate. Students will learn skills and be attuned to Usui Reiki - Levels I & II which will teach them how they can be a positive force for themselves in their life as well as in the environment surrounding them.

Aside from learning the history, purposes, benefits and applications of Reiki, participants will also learn about ethics, lineage and the principles of Reiki, etc. During the class, participants will receive the necessary Usui Reiki Levels I & II *attunements* and learn, hands-on, Distant Healing, and how to perform Reiki, etc. taught by Usui Reiki Master Teachers.

Upon completion of the course, each participant will have a packet containing:

- *Healing Art of Usui Reiki: The Pathway to Self-Discovery for Youth* Reiki Manual
- *Reiki I & II Self-Treatment Pocket Guide*
- *Usui Reiki I & II Lineage* certificate
- *Usui Reiki I & II* certificate

### ***When:***

Saturday, June 26, 2021 from 9:30 a.m. – 4:30 p.m.

### ***Where:***

***Center for Inner Healing and Balance***

together with the

***Life Enrichment Center***

2405 E. Southern Ave, Suite 3, Tempe, AZ 85282

(One block east of the 101 on the south side of Southern Avenue)

### ***Contact:***

Center for Inner Healing and Balance: (480) 487-5296

Life Enrichment Center: 480-897-8795

### ***Cost:***

\$100 (payable by cash, check, or card)

### ***Bring:***

a sack lunch, bottle of water, socks, and a sweater or light jacket